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TMI RESIDENTIAL PROGRAM:
ENERGYBODY

The *EnergyBody* program is guided by Patty Ray Avalon, MFA - former graduate and faculty member of the Barbara Brennan School of Healing, and Residential Facilitator at TMI for the past 14 years.

We are living fields of pulsating, vital, ever-changing energy and intelligence.

This means that we are always changing, always evolving into something new ... every moment of every day of our lives. Why not consciously choose the forms, directions and experiences we wish to grow with by working with the intelligence in our human energy field, or energy body?

In this course, you can move into a new experience of your expanding human potential by enhancing your personal energy system also known as your Energy Body.

You will:

- Explore the purpose and meaning of light-energy consciousness in expanding our human potential.
  Learn ways to increase the light within your being and understand how more light, more energy and higher vibrations enhance your life and increase wellbeing.
- Learn to activate and focus your energy and intention for rejuvenation of your body mind and spirit.
- Practice out-of-body exploration with guided meditations and energy enhancing exercises.

We can discover how to tap into our potential for wholeness and vitality as energy beings.